



HOUSTON AREA CHAPTER BLUE STAR MOTHERS OF AMERICA, INC. CARE PACKAGE SUGGESTIONS



www.bsmhoustonarea.org

<p>FOOD / SNACKS *SINGLE SERVING SIZE CANS WITH POP TOP LIDS M&Ms Hard candy (heat resistant) Lollipops Licorice Gum Rice Krispie Treats Beef Jerky Slim Jims Chex Mix Trail Mix Sunflower Seeds Cookies, crackers, pretzels Little Debbie Snack Cakes Microwave Popcorn Granola Bars Pop Tarts Protein Bars, i.e. Cliffs Dried Fruit Nuts Tuna Packets Instant Oatmeal Cup-a-Soup Kraft Easy Mac Canned Fruit* Canned Chili and Ravioli* Canned Meals* Microwaveable Meals*</p>	<p>DRINKS Mio drink additive 5 Hour Energy Drink Starbucks Via Crystal Lite Tea Bags Hot Chocolate Mix Powdered Drink Mix - single serving size</p> <p>TOILETRIES 12 OUNCE SIZE OR SMALLER NO AEROSOL CANS Baby/Wet Wipes Disposable Razors Chapstick, Blistex, Vaseline Toothpaste Toothbrush Dental Floss Mouthwash Shampoo Shaving Gel (Non-aerosol) Deodorant (Non-aerosol) Eye Drops Saline Solution for Contacts Eye Drop Saline Nasal Spray Sunblock (Non-aerosol) Bug Spray Lotion Baby Powder Foot Powder Q-Tips Nail Clippers Tylenol</p>	<p>GAMES / FUN ITEMS TRAVEL SIZE ONLY Board Games - checkers, chess, Scrabble, etc. Card Games – Uno, Skip-Bo Dice Games – Farkle, LCR Playing Cards Poker Chips Puzzle Books – crossword, Sudoku, word search Magazines Books DVDs Hackie Sacks Yo Yo's Mini Nerf Footballs Xbox 360 / Playstation Games</p> <p>PRACTICAL ITEMS Socks – thick boot (black, brown or green) Gloves – black, brown or green Hand/Toe Warmers Clorox Wipes Twin Bed Sheets Pillowcases Duct Tape Zip Lock Baggies – gallon or quart size Plastic Spoons Fly Strips Shoe Insole Cushions Sunglasses (black and UV protection)</p>	<p>FOR FEMALES Feminine Hygiene Products Pony tail holders Hair Clips</p> <p>SEASONAL Candy – Valentines, Easter, Halloween, Christmas Greeting Cards – all occasion (so heroes can send to their family and friends)</p>
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